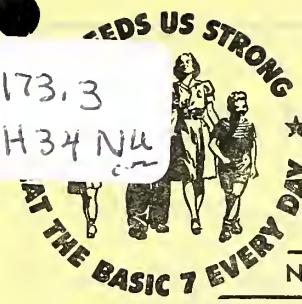


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News Letter

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IMPROVING CORN MEAL IN THE SOUTH

The high per capita consumption of corn meal and grits in southern States led the Food and Nutrition Board of the National Research Council in 1940 to recommend enrichment of corn meal as well as of flour and bread. Through the decade since this recommendation, nutrition leaders everywhere have come to agree that the corn meal and grits consumed in the South probably need enrichment fully as much as flour and bread do in other areas of the United States.

Since degerminated corn meal and grits are made in large mills and shipped into several States, the problem of enriching these products presented little difficulty, according to Dr. E. J. Lease of the South Carolina Experiment Station. The experiment station developed a method for enriching grits in such a way that the water-soluble vitamins are retained when the grits are washed before cooking. The General Assembly then enacted a law, endorsed by the South Carolina Nutrition Committee, requiring all grits and degerminated meal sold in the State to be enriched. Alabama, Mississippi, North Carolina, and Georgia soon passed similar legislation.

Undegerminated or whole corn meal, on the other hand, is ground in small mills and most of it is sold locally. While some progress has been made toward achieving enrichment of the whole meal, it has been slow. It takes time to reach the thousands of small corn millers, each of which must be visited several times to interest them in the program.

An enrichment mixture for whole corn meal and an enrichment feeder suitable for small mills was developed and distributed on a nonprofit basis by the South Carolina Experiment Station. The mixture and the machinery were distributed to mills in both South Carolina and Alabama by the Extension Services in those States. In Alabama the cooperation of about 95 percent of the mills was gained in about a year.

However, better corn meal and grits is not brought about by enrichment alone. Production of better corn and sanitary storage of the corn before milling, as well as improved methods for milling and marketing the meal itself, are fundamental. The South Carolina Experiment Station is working with corn breeders to select varieties that not only yield more bushels per acre, but also have high vitamin, mineral, and protein content. Better methods are being developed for harvesting and storing to prevent weevil and rodent infestation. Mississippi is also working on corn meal improvement.

Information about new developments in corn milling technology as well as about improved packaging techniques is being given millers and they are being encouraged to apply better methods to improve the quality of corn meal and grits.

In Texas, an extensive project on enriching ground corn is being carried on with the cooperation of the Experiment Station, Extension Service, Nutrition Council, universities, and Dietetic Association, according to Dr. Jessie Whitacre, former chairman of the State Nutrition Council. This includes research on best methods of cooking to retain the greatest amount of vitamins, including those added in enriching (December 1949 NNL). These agencies will also assist in widespread educational programs.

Two bulletins available from Clemson Agricultural College, Clemson, S. C., are "Facts and Recipes for Corn Meal and Grits" (Circular 275, 20 pp., 1946), and "Improving Corn Meal and Grits" by E. J. Lease and L. W. Johnson (Circular 75, 8 pp., 1950). The Mississippi Extension Service, State College, Miss., has issued "Improved Corn Meal" (Bulletin 157, 11 pp., 1950), and the Alabama Polytechnic Institute Extension Service at Auburn, Ala., has "Marketing Better Corn Meal" by John P. Bell (Circular 407, 7 pp., 1950).

ACTIVITIES OF THE SOUTH CAROLINA NUTRITION COMMITTEE

South Carolina has an active Nutrition Committee of 54 members representing all professional and civic organizations within the State interested in nutrition and related fields. Originally appointed in 1940 by the president of Clemson College the Committee was reappointed and enlarged by the Governor in 1941. D. W. Watkins, Director of the South Carolina Extension Service, was appointed chairman and because of his able leadership the Committee has requested that he continue to serve as chairman, Janie McDill, Extension Nutritionist, writes. Representation of organizations on the Committee is kept up to date and new personnel added through Committee recommendations and appointments by the Governor.

In earlier years, the Nutrition Committee adopted a long-time program which was based on the nutrition problems and needs in the State. Some of the objectives of this program have been accomplished and new ones have been added. The cereal improvement program, for example, which the Committee approved and worked for through its various organizations, started with educational activities to acquaint people with the importance of enriching white flour and bread. This work was successfully concluded when a law requiring enrichment was passed in 1942. The Committee then took as its objective the enrichment of degerminated corn meal and grits. This was accomplished in 1945 with the passage of a law making enrichment compulsory. The next step was a recommendation that all corn meal including that from whole corn sold within the State be enriched. Legislation to this effect was enacted in 1949.

The Committee's present work on cereal improvement is to secure the enactment of legislation requiring inspection of corn mills to insure sanitary and proper storage and milling of corn products sold for human food. This bill is now being considered by the State legislature.

Also part of the Committee's long-time program is its work in connection with health and nutrition education courses of study for the elementary teachers of the State. Workshops are now included as part of the regular summer school curriculum at Winthrop College and Furman University with State Nutrition Committee members serving as consultants. These workshops, requested by teacher

New State Chairmen

Nevada. Mildred Huber, Nevada State Board for Vocational Education, Carson City

Oregon. Alta Garrison, Oregon State College, Corvallis

Utah. Sybil Christensen, Latter Day Saints Hospital, Salt Lake City

Vermont. Marion H. Brown, University of Vermont, Burlington

groups in four South Carolina counties, provide training for teachers on the job. School lunchroom managers and supervisors have joined with elementary teachers to make these workshops functioning programs for improving the nutritional status of South Carolina children.

Committee assistance in developing a sound teaching program in nutrition, however, does not stop with courses for elementary teachers. Health and nutrition courses for all students in high school and college are encouraged. Assistance with study programs in nutrition is given club groups and organizations. Films, radio, and news articles are used as means of bringing nutrition information to the people.

Special institutes and conferences are sponsored each year by the State Nutrition Committee. One such institute is held in cooperation with Council of Social Agencies at their annual meeting for the benefit of the welfare workers of the State. Other conferences are planned for the purpose of bringing outstanding authorities in the field of nutrition into the State at joint meetings of the State Nutrition Committee with other organizations. A conference for this purpose is being planned for November of this year by the State Nutrition Committee in cooperation with the State Home Economics Association and the State Dietetics Association.

The South Carolina Nutrition Committee not only has helped to develop an awareness and a common knowledge of South Carolina nutrition problems and ways of meeting these problems, but has been instrumental in bringing newer information and developments in nutrition to workers in this field. The influence of the State Nutrition Committee has been felt in all educational work in nutrition within the State.

NEW HAMPSHIRE HOLDS FOOD WORKSHOP FOR INSTITUTIONAL WORKERS

The second food workshop for institutional workers held in Gerrish, New Hampshire, was attended by 86 persons, representing all types of institutions. The State Nutrition Committee cooperated with the State Department of Health and the Child-Caring Institutions Association in sponsoring the 1-day workshop.

Those attending separated into three groups to consider the topics—(1) What shall I have for supper? (2) What shall I do with left-overs? and (3) What is my job in the kitchen? Each group reported the results of its discussion at the afternoon session of all members.

A luncheon talk on nutrition and a demonstration on cooking and using dried eggs rounded out the program.

PEORIA COUNTY NUTRITION COMMITTEE

Peoria County (Ill.) Nutrition Committee supplements the nutrition services given by regular agencies. When a Social worker appealed for help in making quick decisions on family budgets and emergency cash allowances—since the State nutritionist is in Peoria only one week in every month—the Committee found two graduate home economists who were willing to work as volunteers. They were trained by the State nutritionist to work out practical food budgets to fit the needs and tastes of individual families. Now several social agencies are making use of these trained volunteers.

To introduce the use of nonfat dry milk the Committee served cookies and cocoa made with the nonfat dry milk to a meeting of delegates of one hundred women's groups. Its nutritional value and ways of using it were pointed out.

Suggestions for ways of correlating the teaching of nutrition with the school lunch program were developed by the Committee and sent to all schools in the county having school lunch programs.

COORDINATING NUTRITION SERVICES IN A COMMUNITY

In early 1946, when the nutrition program of the Rochester Child Health Institute was being planned, it was hoped that services might be set up to augment the facilities in the community, writes

Dr. Miriam E. Lowenberg, Nutritional Supervisor of the Institute.

Now in 1950, the program of the Institute's nutritionist has been well coordinated into the program of the Rochester-Olmstead County Public Health Unit. The nutritionist serves as a consultant working with the health educator, public health nurses, a pediatrician, and obstetricians in the clinic.

A demonstration kitchen and an audience room in the public health building make possible demonstrations such as one on Preparing Foods Children Like. Demonstrations are given first for pediatricians, then for nurses, and later for mothers so that professional personnel have a chance to recommend these demonstrations to mothers. A technical advisory committee composed of community leaders in home economics assisted in planning and furnishing the kitchen. This committee augmented by medical personnel will advise on the kitchen's future uses.

When requested by administrators and teachers in the public schools, the nutritionists of the Rochester Child Health Institute serve as consultants on programs and source materials. They have also done demonstration teaching.

Opportunities have been found to work with the home agent of the County Agriculture Service. The Institute's nutritionists have participated in group discussions of local hospital and public health personnel.

The most effective work has been done in trying to understand and meet the needs of the community and helping to coordinate all the nutrition programs. Through cooperation the public health nurse, social worker, public school teacher, doctor, and school lunch worker can do a more effective job since many of the families they work with have contacts with several agencies.

NEW YORK CITY FILM LIST SUPPLEMENT OUT

The supplement to the 1948 Film Catalog can be secured for 25 cents from the Health Council of Greater New York, 257 Fourth Ave., New York City. Prepared by the Food and Nutrition Division, the supplement contains evaluations of 20 films on food and nutrition in such fields as child care, dental health, and food preparation.

Interagency Committee Notes—

Dr. H. K. Stiebeling, Bureau of Human Nutrition and Home Economics, and Miss Marjorie Heseltine, Children's Bureau, reported on their trip to Rio de Janeiro (a report of the Rio FAO Conference will appear in the October NNL), and on their visits to Puerto Rico.

At the June election, Pauline Murrah of the American Red Cross was chosen chairman and Kathryn Sheehan of the Production and Marketing Administration vice chairman.

Subcommittees for the year have been set up and chairmen appointed as follows:

Program of Work—Florence Hall, Extension Service

NNL Advisory—Helen Stacey, Children's Bureau

Planning Year's Meetings—Kathryn Sheehan, Production and Marketing Administration

Publications—Berenice Mallory, Office of Education

Nutrition Institute—Edna Brown, Public Health Service

Nutrition Education Through School Lunch—Gertrude R. Drinker, Farmers Home Administration

Methods in Nutrition Education—Rua Van Horn, Office of Education

Pauline Murrah

Chairman

FOR GOOD BUYS USE PLENTIFUL FOODS

If you buy foods, plan menus, or prepare food buying guides, you will find helpful the list of foods in plentiful supply. This list is prepared monthly by PMA to stimulate the consumption of abundant foods through normal channels of trade. It guides consumers to better buys in foods and aids producers in distributing their products. In making up

the list information from several agencies in the USDA is combined with trade information to give the best possible picture of the food situation.

State school lunch supervisors are being given the full list of plentiful foods each month through the area offices of the Food Distribution Programs Branch of the Production and Marketing Administration. They in turn pass this information on to school lunch operators so that they can keep abreast of food conditions within their State. If your committee is not already getting the monthly Plentiful Foods list, write to the area office nearest you. Area offices are located at—

641 Washington St., New York 14, N. Y.

623 South Wabash Ave., Chicago 5, Ill.

30 Van Ness Ave., San Francisco 2, Calif.

101 Norman Building, Dallas 2, Tex.

449 W. Peachtree St. NE., Atlanta 3, Ga.

NEW MATERIALS

Available from Information Branch, Production and Marketing Administration, USDA, Washington 25, D. C.

U. S. Consumer Grades for Potatoes. (Two-color chart, 30 x 45", showing the actual sizes of potatoes in the four grades. 1950.) Single copies upon request. Educational and noncommercial agencies may have additional copies by stating their plans for using the chart.

Available from Bureau of Human Nutrition and Home Economics, USDA, Washington 25, D. C.

Vegetable Selections of city families, 1948. (Commodity Summary No. 10, 15 pp. Illus., 1950. Processed.)

Available from Publication Office, National Research Council, 2101 Constitution Ave., Washington 25, D. C.

The Composition of Milks. A compilation of the comparative composition and properties of human, cow, and goat milk, colostrum, and transitional milk. (NRC Bulletin No. 119, 64 pp., 1950.) Single copies free. \$15 per 100 copies.